

Kickapoo Reserve Dam Challenge Race Instructions

October 4, 2014 La Farge, WI

Please read thoroughly—there is no pre-race meeting so it is your responsibility to read/understand these instructions

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ENDURANCE FUELS



Confirmation: You should have received an email confirmation of your registration from zapevent.com. If not, use the "Am I Registered" feature on the Zap Event website. It is your responsibility to check the accuracy of your registration.

Check-in: Friday night check-in runs from 5-8 p.m. at the KVR Visitor Center (GPS: 43° 35.74' N, 90° 37.65' W). Saturday check-in opens at 7:30 a.m. at the Bridge 14 Transition Area.

Step 1: Bridge 7 Boat Drop (GPS: 43° 40.32' N, 90° 35.64' W) - If using a KVR supplied boat, go directly to Step 2. If supplying your own boat, you must first deliver it to Bridge 7 before check-in/gear drop at the Bridge 14 Transition Area. Bridge 7 is located 2.5 miles north of Rockton on Highway 131. Race officials will assist you with your boat placement. **ONLY THOSE SUPPLYING THEIR OWN BOAT NEED TO DRIVE TO BRIDGE 7.** The Kickapoo Valley Reserve is not responsible for theft or damage of boats dropped on Friday night. There will be a preferred start boat drop area for the top ten overall finishers from 2012.

Step 2: Bridge 14 Transition Area Check-in/Gear Drop (GPS: 43° 37.33' N, 90° 37.33' W) - Bridge 14 is located 3.5 miles north of La Farge on Highway 131 then 1.2 miles west on County Road P. Racers should place bike/gear in the transition area. If you didn't check-in Friday evening, you'll then need to check-in at the Bridge 14 Transition Area.

Parking: Racers and spectators must park in main parking, which is located at County Road P/Old Hwy 131 Trail. Racers are encouraged to ride their bike and carry gear from parking to the Bridge 14 Transition Area. This will reduce transition area traffic and increase safety. Limited space short term parking will be available at the Bridge 14 Transition Area. There is no long term parking at the Bridge 7 river start for racers.

Shuttles: Three large shuttle buses will transport racers from the Bridge 14 Transition Area to the Bridge 7 river start between 8:00-10:00 a.m. The shuttle will pick-up at the Bridge 14 Transition Area. Competitive racers will board between 8:00-9:00 a.m. Citizen racers will board between 9:00-10:00 a.m. Spectators are allowed to board after racers have been shuttled.

Staggered Start: Competitive Class racers will begin at 9:00 a.m. Citizens Class racers will begin at 10:00 a.m. One boat will enter the water every 30 seconds. Boats will enter the water based on order of line-up. Boat placement holds a racer's spot in line. Please stay with your boat so there are no issues regarding order. Be courteous and patient—you're racing the clock!

Boat Course: Paddling is the first leg of the race. The boat course starts at Bridge 7 and ends at Bridge 14. If using a KVR supplied boat, grab rental boat, paddle(s) and life vest(s) when you arrive at Bridge 7. Racers using their own boat must supply own paddles and life vests. State law requires one life vest for each person on board. Approach the paddling finish on the left side of the river. Be considerate of your fellow racers and exit the river in the order you arrive. Race officials will help you out of the water and carry your boat onto land. Please deposit your life vest and paddles in your boat before heading to the transition area. Remember to yell your race number as you cross the timing platform. Teams will tag off with their biking member in the "relay zone" in the Bridge 14 Transition Area. River bottom and banks may be muddy and a change of shoes after the paddling leg may be desirable. An extra change of clothes is helpful if conditions are rainy.

Bike Course: Biking is the second leg of the race. The bike course is a loop that starts and ends at the Bridge 14 Transition Area. Roads will be open to vehicles. Bikers must obey traffic laws. Bike helmets are required. Racers without helmets will be disqualified. Drafting is not allowed. Volunteers will be posted at all major intersections. Stay alert to traffic and keep right. **RACERS MUST DISMOUNT YOUR BIKE BEFORE CROSSING THE TIMING PLATFORM.** Remember to yell your race number as you cross the timing platform. For safety reasons, racers are not allowed to wear headphones on the bike route. Teams will tag off with their running member in the "relay zone" in the Transition Area.

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Run Course: Running is the last leg of the race. The run course is a loop that starts and ends at the Bridge 14 Transition Area. The course consists of dirt/grass trail, a deteriorating roadbed and sections of limestone screenings. Racers must return timing chips to volunteers at the finish.

Race Numbers: Race numbers are provided by Road ID. Fasten race number to the front of your shirt with the pins provided. Your race number will be written on your arm during check-in so that it can be easily seen. Please yell your race number when you cross the timing mats. Teams will receive two duplicate race numbers, one for the team runner and one for the biker. Team members who canoe will have their team's number marked on their arm at check-in.

Timing: Timing chips will be provided by Pickle Events. Please use the strap provided to attach the chip to your ankle. Teams will receive one chip that will be transferred to the next team member during tag off. Please do not bike over timing mats. Racers must return chips to volunteers at the finish line. Racers will be fined for lost chips.

Restrooms: Portable toilets will be at the Bridge 14 Transition Area and the Bridge 7 boat start.

Water Stations: There will be water stations at Bridge 7, Bridge 14 Transition Area, one on the bike route and two on the run route. Water and an electrolyte drink will be available.

First Aid: The La Farge Ambulance Squad will be stationed at the Bridge 14 Transition Area. Volunteers at water stations along the bike and run courses will have ability to communicate with race officials at the Bridge 14 Transition Area.

Sag Wagon: Flag down the Mt. Borah "Sag Wagon" van if you need help or are unable to complete the race. The Mt. Borah van is only available on the bike route.

Finish Line: Free recovery food will be available for all racers at the Bridge 14 Transition Area.

Results: Paddle, bike, run, and transition times will be recorded by timing mats at the main Bridge 14 Transition Area. Results will be posted periodically as racers finish the race and will also be available at www.pickleevents.com and <http://kvr.state.wi.us/damchallenge.com>.

Awards: Historically the competitive class award ceremony starts at 1:30 p.m. and the citizen class award ceremony starts at 2:30 p.m. Awards will be given to the top three racers in each category: Individual Racer-Tandem & Solo Boat - Citizen/Competitive, Male/Female, Youth (<18), Adult (18-39), Master (40-55), Elite (56-69), Guru (69+). Relay Teams - Citizen/Competitive.

Door Prizes: All racers will have an opportunity to win fabulous door prizes. Be sure to check the door prize winner list posted next to the race results.

Concessions: The "Rollin' Café" will serve concessions at the Bridge 14 Transition Area.

Bike Maintenance: Blue Dog Cycle will provide bike maintenance at the Bridge 14 Transition Area.

Spectators: Spectators are allowed to ride shuttles from Bridge 14 Transition Area to Bridge 7 for the race start. If driving personal vehicle, suggested river viewing spots are Bridge 8 and 9, boat landings 10 and 12, mowed path north of Bridge 14 Transition Area. Parking at river start is available along Highway 131, north of Bridge 7, past guardrail.

Photos: The La Crosse Area Camera Club will shoot the race. Visit <http://kvr.state.wi.us/damchallenge.com> to view photos.

Weather: If weather is questionable (thunder/lightning), we will wait for the "all clear" from local authorities and then proceed.

Personal Property Policy: The Kickapoo Valley Reserve is not responsible for lost or stolen items.

GOOD LUCK & HAVE FUN! Contact the KVR at (608) 625-2960 or kickapoo.reserve@kvr.state.wi.us with questions.